

During the past 12 months, would you say your physical/psychological health has been . . .	Physical Health %	Psychological Health %
Excellent	20.0	24.7
Very good	28.1	26.3
Good	25.8	28.8
Fair	15.9	14.7
Poor	10.1	5.6
Total	100.0	100.0

Depression:

When asked: “How often do you feel very depressed, that is, very “blue” or unhappy?” More than fifty-five percent (55.5%) of adults reported never or rarely feeling very depressed; 34% reported that they sometimes felt this way; and 10.5% reported often or almost always feeling very depressed.

Prescription Medications:

Asked whether they took prescription medication in the previous 30 days, 58.1% of Tennessee adults reported that they took prescription drugs for their physical health, while 15.1% of adults reported taking prescription drugs for their mental health.

Disabling Conditions:

Close to one-fifth (19.7%) of adults reported that they had some disabling condition or health problem that kept them from doing normal tasks like working at a job or business, doing housework or going to the store. Among the adults with a disabling condition, 15.7% needed help from other persons for their personal care needs (eating, bathing, dressing or getting around home).

Diagnosed Health Conditions:

A series of questions was asked regarding health conditions with which respondents had been diagnosed by a physician or other health professional ever and in the past 12 months. The following table displays the responses: